One Week Winter Capsule Wardrobe for Europe

Clothing

- 1 long wool coat or puffer jacket
- O Compact packable down layer
- 2 warm wool or cashmere sweaters
- 1 lightweight knit or roll-neck for layering
- 1 blouse or top for dinners or evenings out
- 2 thermal long-sleeve tops
- 1 cotton or moisture-wicking base tee
- 1 pair of travel pants
- 1 pair of dark skinny jeans or trousers
- 1 thermal dress or midi skirt
- 1 pair of leggings or joggers
- 7 pairs of underwear
- 2–3 bras
- 1 PJ set
- 3 pairs of merino or thermal socks
- 2 regular socks
- 1 pair of wool tights
- 1 pair of waterproof, insulated ankle boots
- 1 pair of stylish sneakers or Chelsea boots

Accessories

- 1 warm scarf
- 1 beanie or knit hat
- 1 pair of gloves
- Sunglasses (winter sun is bright!)
- 1 crossbody bag (secure zip, ideal for cities)
- 1 daypack or small backpack for sightseeing
- Compact umbrella

Toiletries

- O Toothbrush and travel-size toothpaste
- O Hairbrush or comb
- Shampoo, conditioner, and body wash
- Skin treatments and lip balm
- Deodorant
- Razor
- Travel-size makeup
- Travel wipes or micellar cleansing pads
- Hair ties or headband
- Medications

Tech + Documents

- Passport (+ digital copy on your phone)
- Travel insurance docs
- Phone + charging cable
- O Universal travel adapter
- O Power bank
- Headphones or earbuds
- Credit/debit card
- Small amount of cash
- eSIM or local SIM (if needed)
- O Printout or screenshot of key bookings
- Kindle
- $\tilde{\cap}$

Everything Else!

- Reusable water bottle
- Travel hand wash/sanitizer
- Foldable tote or packable shopping bag
- Small jewellery pouch
- Face mask for busy transit areas
- Hotel slippers or foldable flats
- Laundry bag for used clothes
- Snacks for traveling
- O Compact lint roller
- Sleep mask
- Ear plugs
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